

# BEFORE YOU USE A HEALTH APP

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**S**eeking  
**U**sability

Does this app meet your need?

Is it easy to use?

**S**ecurity

Do you need to make an account?  
Who can see your information?  
Where is the privacy policy?

**P**rice

What is the up front cost of the app?  
Are there in-app purchases?

**E**valuation

Read the reviews,  
not just the star rating.

**C**reator

Who made the app?  
Are they trustworthy?  
Do they have a website?

**T**imeliness

When was the app made?  
When was it last updated?

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